

What is STEC?

Shiga toxin-producing *E. coli* (STEC) is a bacteria that causes diarrhea, vomiting, and stomach pain. It is often spread through contact with animals, from eating undercooked beef, or other contaminated foods.



A childcare worker cuts colored paper with two young kids.

Why do I need to stay home?

- STEC often spreads to others when people do not properly wash their hands after touching animals or poop, or before making food.
- While most people feel better after 4–7 days, bacteria may be in your poop even after you don't feel sick anymore, which can make others sick.
- Illness spreads easily in some situations including food service, childcare, and healthcare.
- STEC may cause very serious illness. We want to keep those we care for healthy!

If you work or attend a high-risk setting, extra exclusions may apply.



Food service: Utah Food Code requires the following before you return to work:

- **2** negative tests **24 hours** apart and **48 hours** after antibiotics are finished,
- or wait **7 days** after diarrhea and vomiting have stopped,
- or wait **7 days** after positive test if no symptoms are present.



Childcare:

- You may be restricted from childcare until receiving 2 negative poop samples 24hrs apart and 48hrs after antibiotics are finished. This includes **kids** who attend childcare facilities and **childcare workers**.
- If you give medication or have food handling duties, follow food service guidelines above.



Healthcare and long-term care facilities:

- Stay home from work until diarrhea and vomiting have stopped.
- If you give medication or have food handling duties, follow food service guidelines above.

These are general guidelines. Your local health department may have additional requirements for returning to work or childcare.
<https://ualhd.org/>.